



AMERICAN BREAST CANCER FOUNDATION

NEWS YOU CAN USE MOTHER'S DAY EDITION



Task Force Releases Critical Updates on Mammogram Recommendations

May is Women's Health Awareness Month – and ABCF wants to make you aware of the **important new mammogram recommendations released in late April by the United States Preventive Services Task Force.** After spending a year in a draft form, the formal recommendation now says that women should “start breast cancer screening at age 40, rather than 50, and continue every other year until age 74.”

Unfortunately, this came about because breast cancer among women in their 40s increased 2% per year from 2015-2019. We've noticed this alarming trend for some time, but have also seen first-hand how early detection saves lives.

Please spread the word about this new recommendation and consider donating to help those who cannot afford mammograms. Knowledge is power, and at ABCF we work to make sure people of all ages, sexes, races, and backgrounds have equal access!

[Read More](#)



Spreading Love and Saving Lives for Mother's Day

As Mother's Day approaches, we proudly honor the women who have supported us through every triumph and challenge. **This year, please consider showing your gratitude by donating in your mother's name to support another woman or mother facing breast cancer.** We will gladly

notify her – or whichever loved one you designate – of your impactful gift!

Although breast cancer affects 240,000 women each year, the relative 5-year survival rate is 99% with early detection. By giving to our Mammograms for Mother's Day Campaign, you're helping ABCF immediately provide reduced-cost or free mammograms to people in need throughout the U.S. Whether you donate \$250 to cover the average cost of a diagnostic test, or just a portion, every contribution goes toward providing hope and saving lives.

[Give a Gift](#)



Bringing Screening to Underserved Communities

ABCF immerses itself in underserved communities across the country through our **Community Partnership Program**, which extends breast cancer

testing and education by providing grants to healthcare institutions with similar missions. An example of this is our support of Jefferson Health's Mobile Cancer Screening Van. Equipped with an exam area and a 3-D screening mammography unit, the vehicle brings free screenings directly to vulnerable populations throughout the greater Philadelphia and South Jersey area. Their caring team also delivers comfort kits to cancer patients (as shown above).

Recently, our funding helped 36 women, all of whom were living 250% beneath the poverty line. Among them, there was one woman who learned she did have breast cancer. Fortunately, it was caught at an early stage where the risk of it spreading was very low.

With every grant we provide, we're offering a greater chance for early detection and survival.

[Learn More](#)



Protecting Moms and Mother Earth

Recent studies show plastic pollution may increase the risk of breast cancer. The prevalence of microplastics – tiny particles less than 5 mm – adds a new level of concern. Emerging research suggests these microplastics can absorb and concentrate harmful endocrine-disrupting chemicals (EDCs), which are implicated in elevating breast cancer risk. They can seep into food, beverages, and even clothing, leading to widespread exposure.

In recognizing the connection between environmental and human health issues, we can encourage one another to curb plastic consumption and implement sustainable alternatives to plastic materials. **Thank you to our friends at Eco Warrior for championing our health and the health of our planet this Mother's Day and beyond.**

Please check out their blog about the Plastic-Breast Cancer Nexus and the many beautiful, sustainable goods on their website.

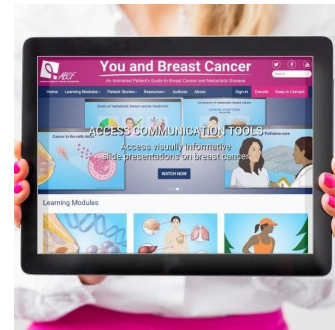
[Read More](#)

Fact of the Month



Only about 5–10% of
breast cancers are believed
to be hereditary.

American Cancer Society



GET HELP

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